



Name: Jerod Beach
Agency: Corrections



I've always considered myself to be relatively fit and a healthy guy, and I have never had a weight problem. However, I knew that I didn't always make good choices when it came to what I ate. I would enjoy way too much fast food, and sugary snacks. So, I decided for my overall health, and to be a good role model for my daughters and wife, that I would start incorporating healthier foods into my diet. I have limited my intake of starches and have added higher protein foods such as eggs, fish, and Greek yogurt. I also drink a lot more skim milk than I did in the past. I've found that eating good food only leads to better decisions throughout the day. If you start your day off with a donut and pop, you're probably going to keep going down that path throughout the day. But, if you eat a healthy breakfast you've set the tone and a good foundation for a healthy day! I have noticed a five pound drop in my weight and have lowered my total cholesterol by 21 points. I know five pounds doesn't seem like much, but there's a big difference in how I see myself and how I feel.

When my second daughter arrived I worried that I would revert back to my old self. But, I can honestly say I haven't, in fact despite getting limited sleep, I now run an extra mile each day. I wake up at 4:20 a.m. each work day and run four miles 5 times a week and weight lift four times a week. I now don't think twice about hitting the snooze on my alarm; and look forward to the morning runs. I have made it a habit and it is now part of my morning routine. Mentally I feel a little more at ease due to the running which helps me relax. I can handle the daily life stresses better now than I could before. Plus, I can now look forward to another challenge I set for myself. I have never competed in a marathon or obstacle course challenge in my life. Now, I look forward to running in a 5k 38 obstacle course with a weight lifting challenge next month.

I love tracking my steps and workouts, and trying to out-do other people. This has promoted a healthy completion in me, along with helping others that have that same drive of competition. I also feel there is always support around the corner. Barbara and Mike have been a very important piece in answering questions, providing healthy cooking tips, and statistics that help drive the healthy point home.

I feel it is extremely important that the State provide a wellness program. There are too many stories and experiences that would never have happened if this program wasn't in place. I honestly believe that. I get emails, and visitors that stop by my office that tell me they have really turned their life around for the better because of this program. It wasn't easy, but they are glad they stuck it out. They are now reaping the benefits of their labor, and their families get to enjoy them longer which is a big benefit!

